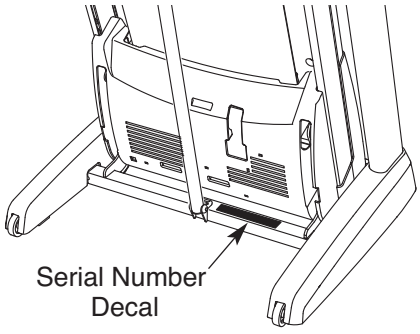
NordicTrack®
COMMERCIAL 1750

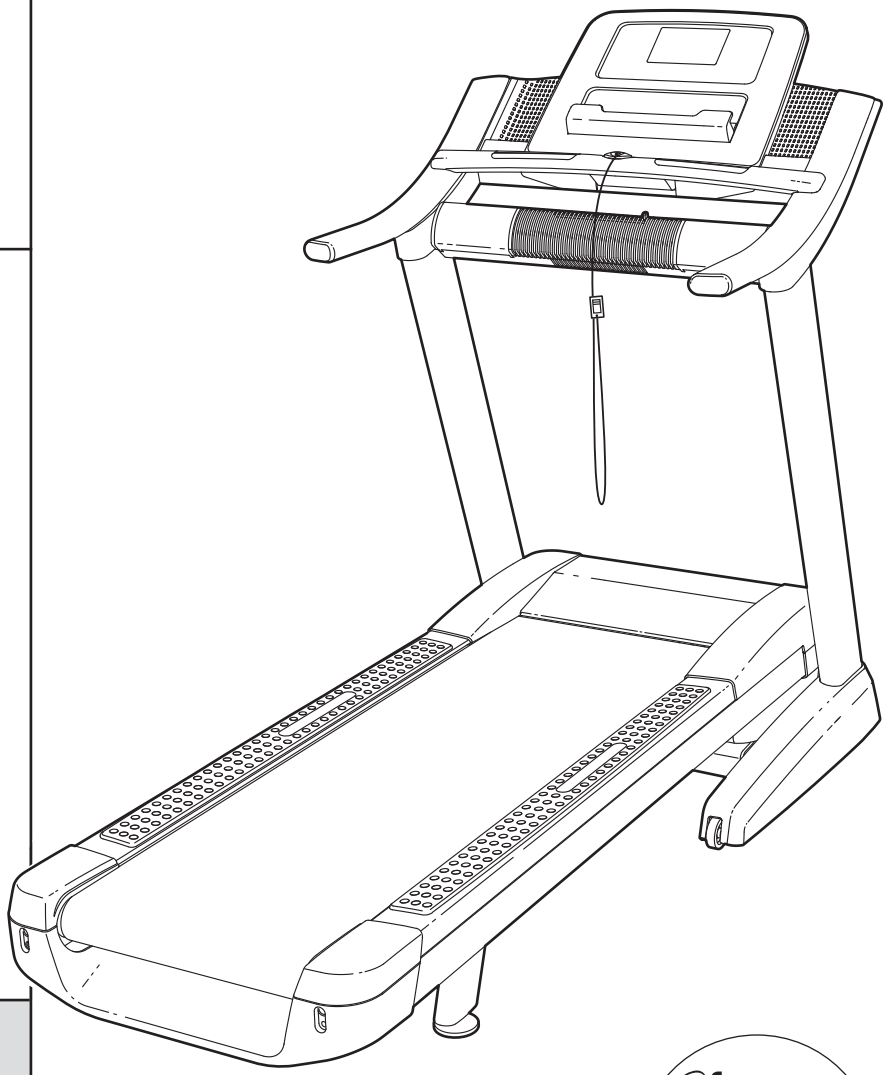
www.nordictrack.com

Model No. NTL14010.0
Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:
1-800-TO-BE-FIT
(1-800-862-3348)
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.nordictrackservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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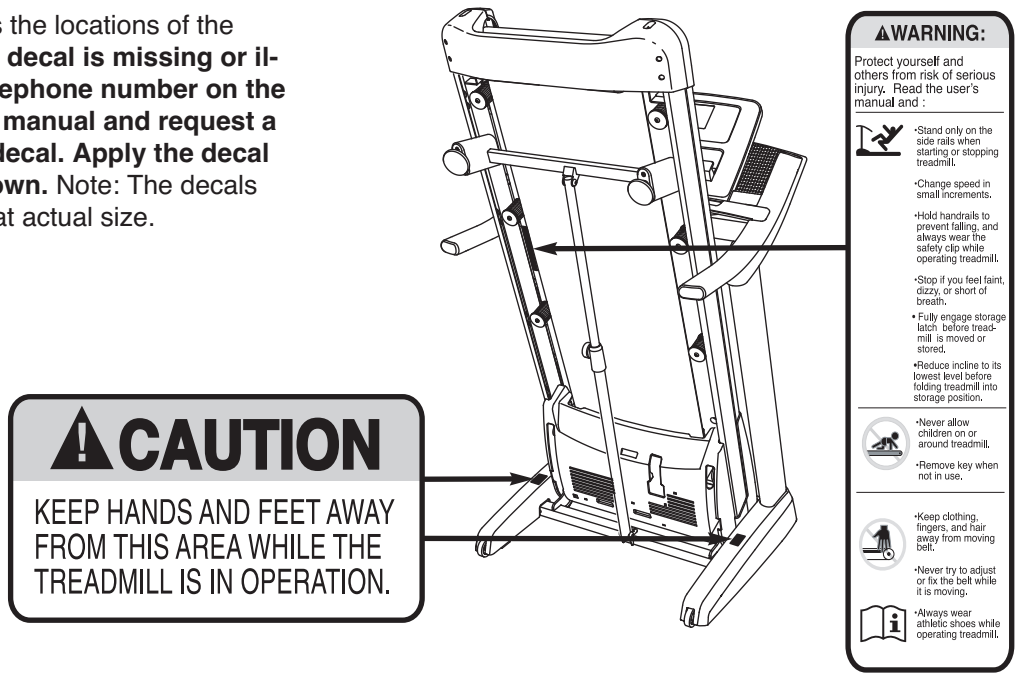
WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.


CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

NordicTrack is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

3. **Use the treadmill only as described.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under age 12 and pets away from the treadmill at all times.**

8. **The treadmill should be used only by persons weighing 375 lbs. (170 kg) or less.**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **When connecting the power cord (see page 14), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**

12. **Use only a single-outlet surge suppressor that meets all of the specifications described on page 14. To purchase a surge suppressor, see your local NordicTrack dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

13. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**

14. **Keep the power cord and the surge suppressor away from heated surfaces.**

15. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 29 if the treadmill is not working properly.)**

16. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 16).**

17. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

18. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

19. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

20. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)**

21. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 28.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

22. **When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.**

23. **Never insert any object into any opening on the treadmill.**

24. **Inspect and properly tighten all parts of the treadmill regularly.**

25. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

26. **This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.**

27. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

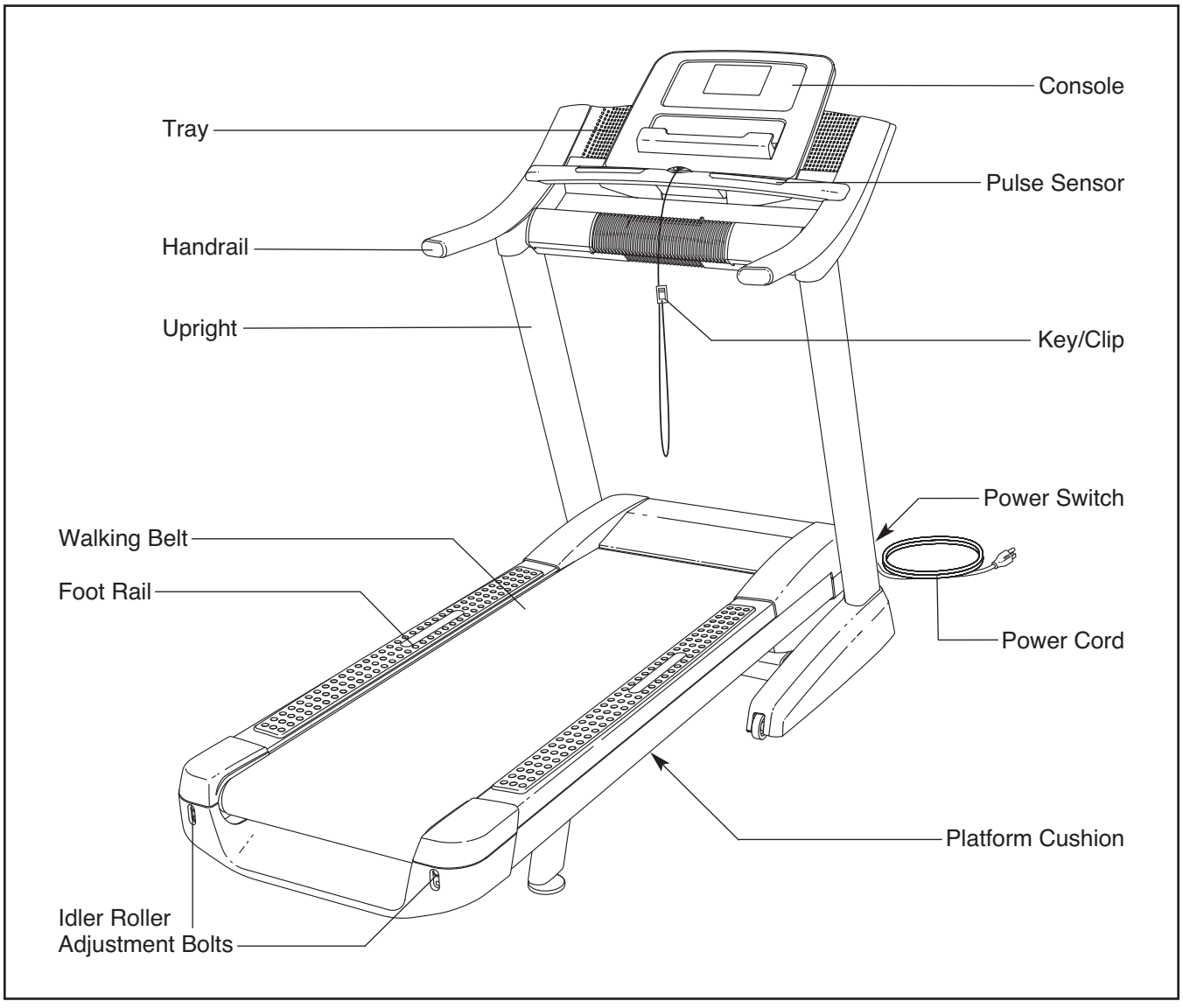
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® COMMERCIAL 1750 treadmill. The COMMERCIAL 1750 treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

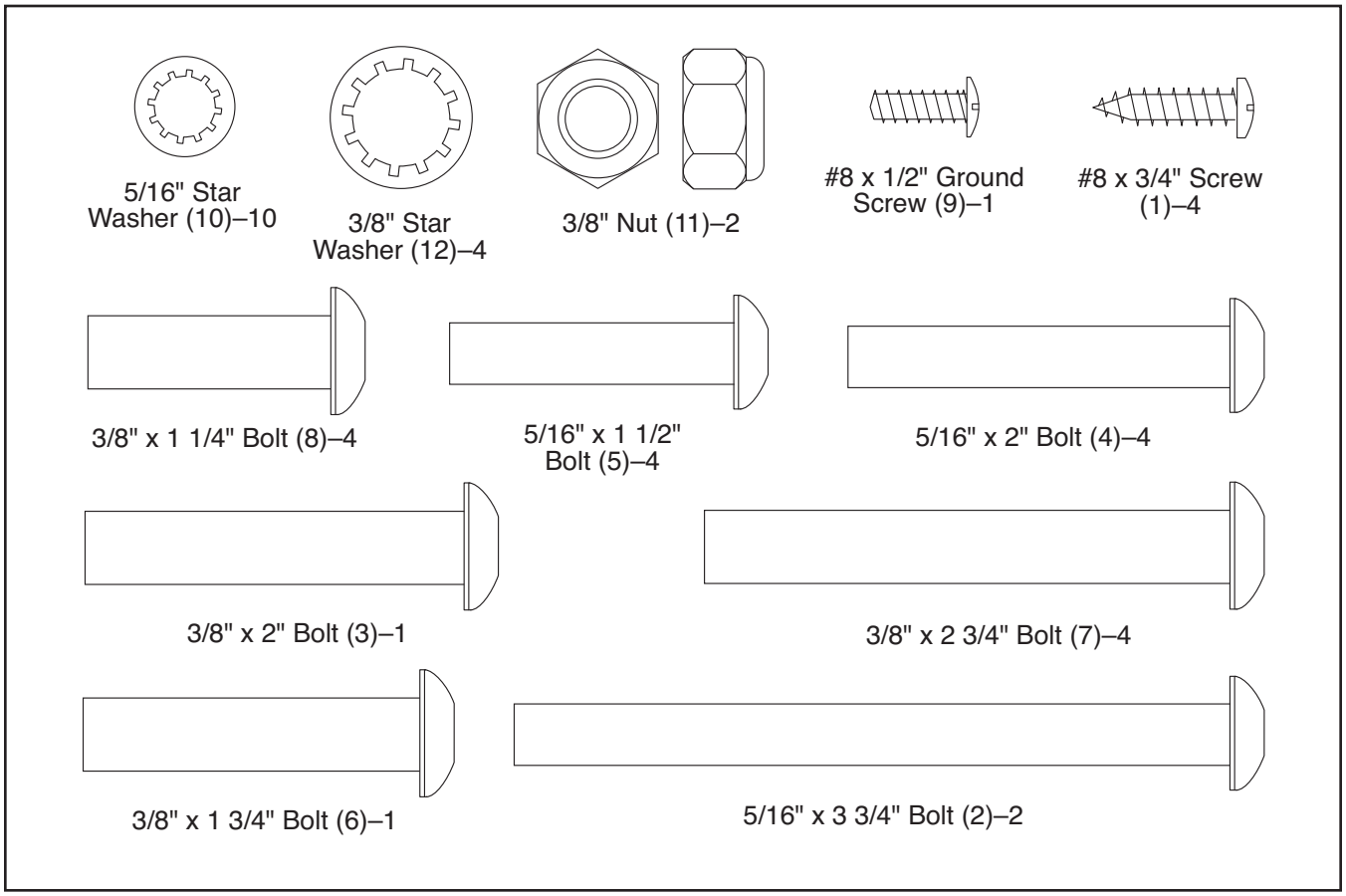


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys and your own Phillips screwdriver and adjustable wrench .

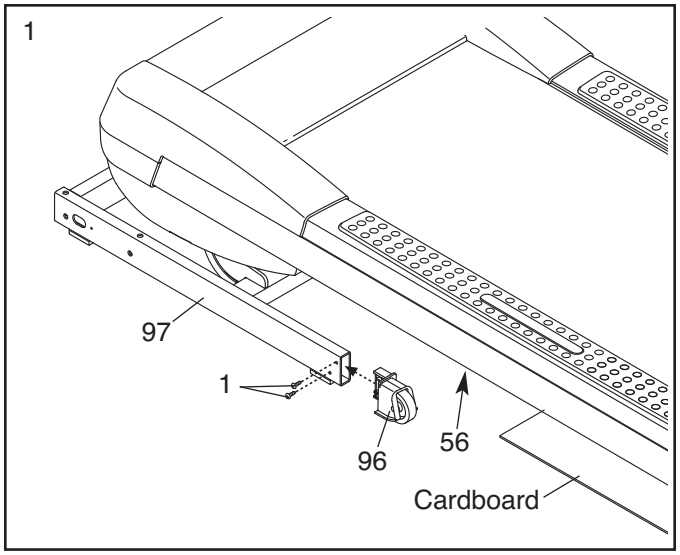
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. To avoid damaging parts, do not use power tools for assembly. Extra hardware may be included.**


5/16" Star Washer (10)–10
3/8" Star Washer (12)–4
3/8" Nut (11)–2
#8 x 1/2" Ground Screw (9)–1
#8 x 3/4" Screw (1)–4
3/8" x 1 1/4" Bolt (8)–4
5/16" x 1 1/2" Bolt (5)–4
5/16" x 2" Bolt (4)–4
3/8" x 2" Bolt (3)–1
3/8" x 2 3/4" Bolt (7)–4
3/8" x 1 3/4" Bolt (6)–1
5/16" x 3 3/4" Bolt (2)–2

1. **Make sure that the power cord is unplugged.** Place a piece of cardboard below the rear of the Frame (56) to protect the floor or carpet.

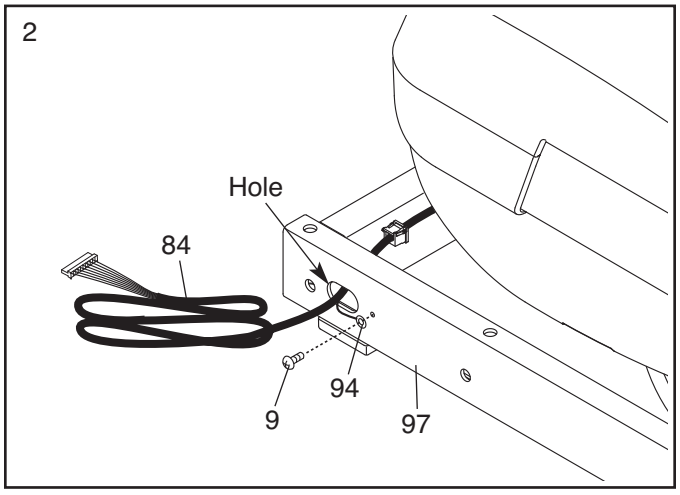
   Attach the Left Wheel Cap (96) to the Base (97) with two #8 x 3/4" Screws (1).

   Attach the Right Wheel Cap (not shown) to the right side of the Base (97) in the same way.



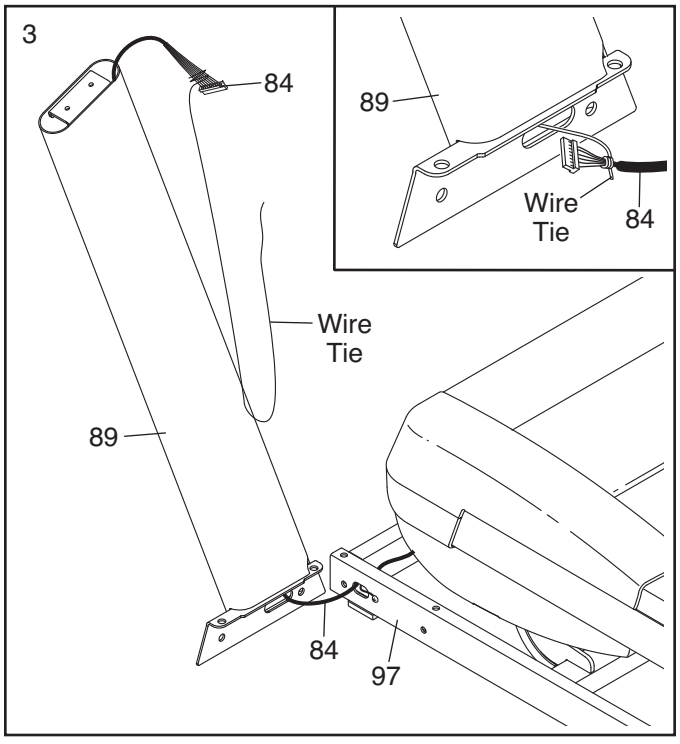
2. Pull the Upright Wire (84) and the Base Ground Wire (94) through the indicated hole in the Base (97).

   Attach the Base Ground Wire (94) to the Base (97) with a #8 x 1/2" Ground Screw (9).



3. Identify the Left Upright (89), which is marked with a “Left” sticker. Have a second person hold the Left Upright near the Base (97).

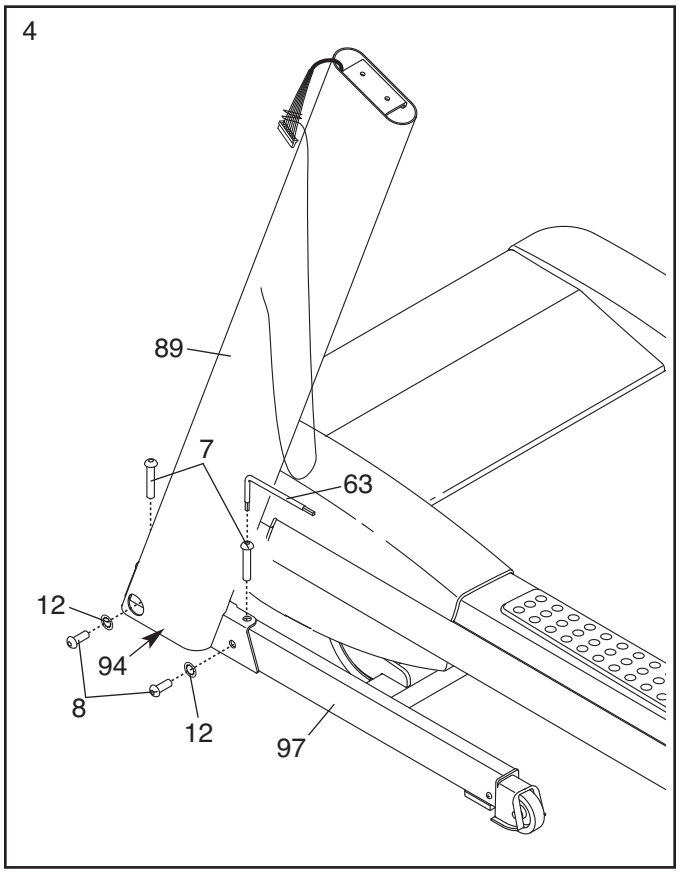
   See the inset drawing. Tie the wire tie in the Left Upright (89) securely around the end of the Upright Wire (84). Then, pull the other end of the wire tie until the Upright Wire is routed completely through the Left Upright.



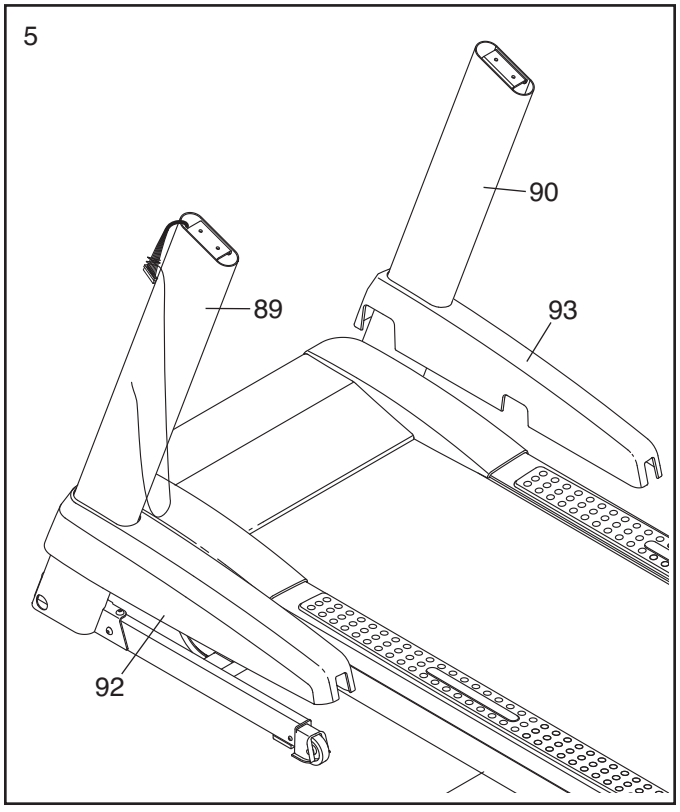
4. Hold the Left Upright (89) against the Base (97). **Be careful not to pinch the wires.** If necessary, position the Base Ground Wire (94) in the hole in the side of the Left Upright. Insert two 3/8" x 2 3/4" Bolts (7) and two 3/8" x 1 1/4" Bolts (8) with two 3/8" Star Washers (12) into the Left Upright.

   Partially tighten the 3/8" x 2 3/4" Bolts (7) and the 3/8" x 1 1/4" Bolts (8) until the heads of the Bolts touch the Left Upright (89); **do not fully tighten the Bolts yet.** Note: It may be helpful to use the Short Hex Key (63) on the Bolt shown.

   Attach the Right Upright (not shown) in the same way. Note: There are no wires on the right side.

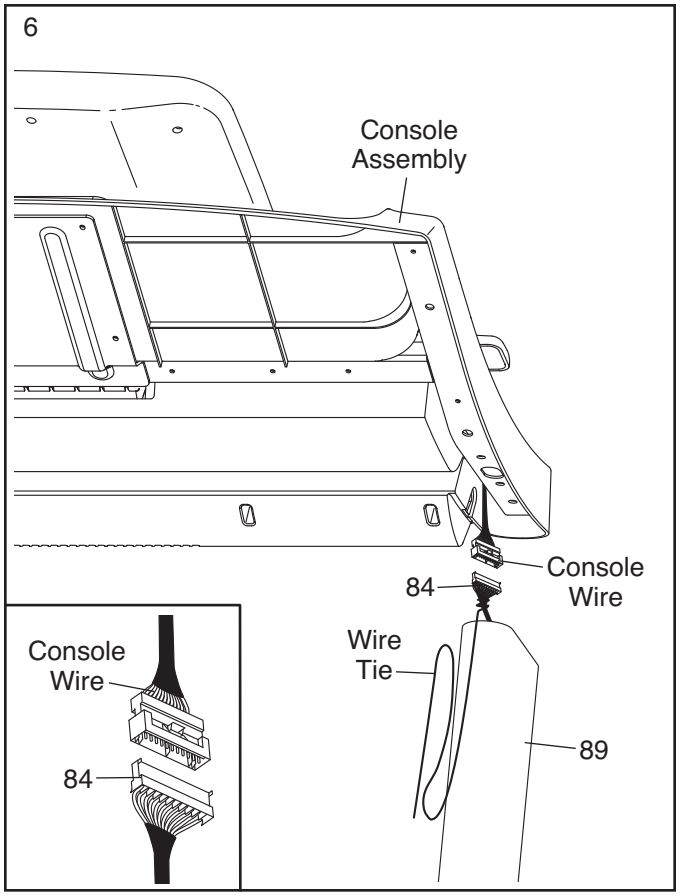


5. Identify the Left Base Cover (92) and the Right Base Cover (93). Slide the Left Base Cover onto the Left Upright (89). Slide the Right Base Cover onto the Right Upright (90). **Do not press the Base Covers into place yet.**



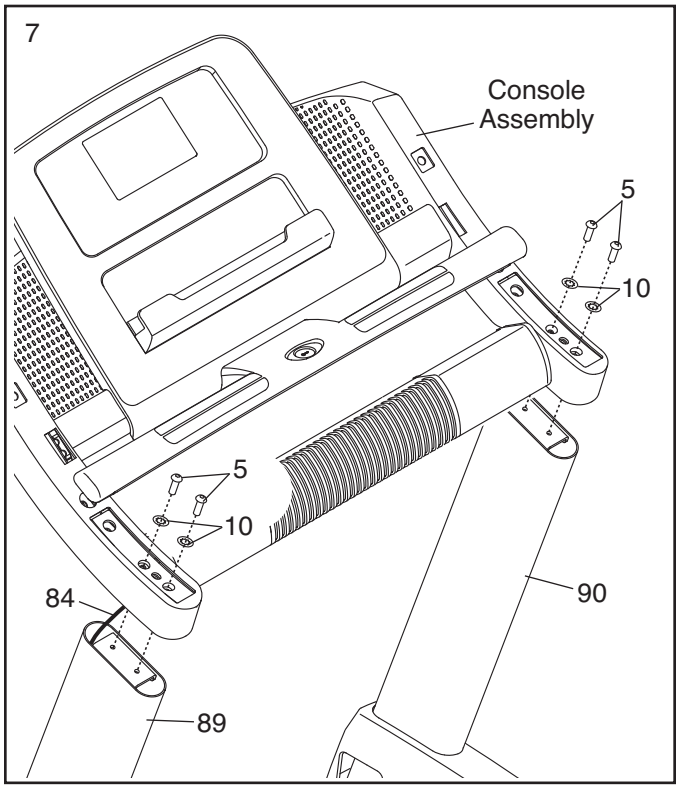
6. With the help of a second person, hold the console assembly near the Left Upright (89).

   Connect the Upright Wire (84) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** Then, remove the wire tie from the Upright Wire.



7. Insert the wires into the Left Upright (89) as you set the console assembly on the Left Upright and the Right Upright (90). **Be careful not to pinch the Upright Wire (84).**

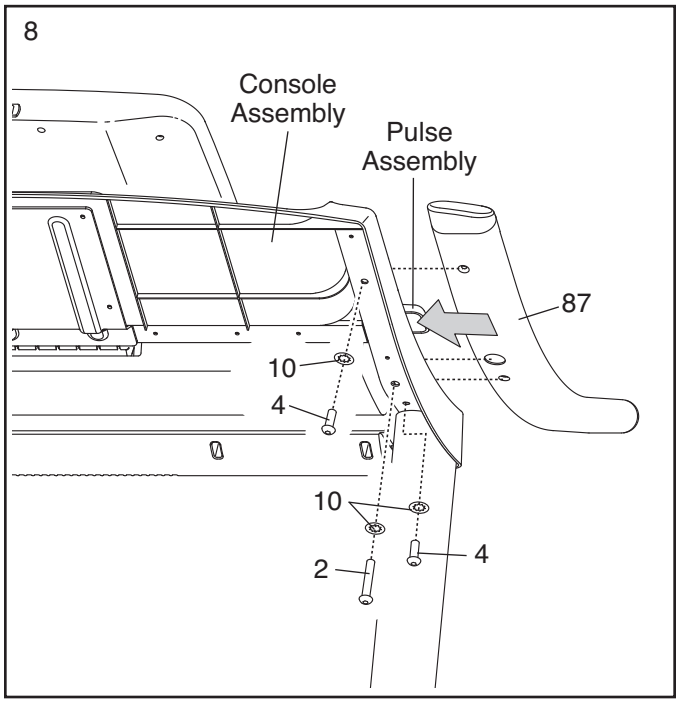
   Attach the console assembly with four 5/16" x 1 1/2" Bolts (5) and four 5/16" Star Washers (10). **Start all four Bolts, and then tighten each of them.**



8. Identify the Left Handrail (87), which is marked with a “Left” sticker. Slide the Left Handrail between the console assembly and the pulse assembly.

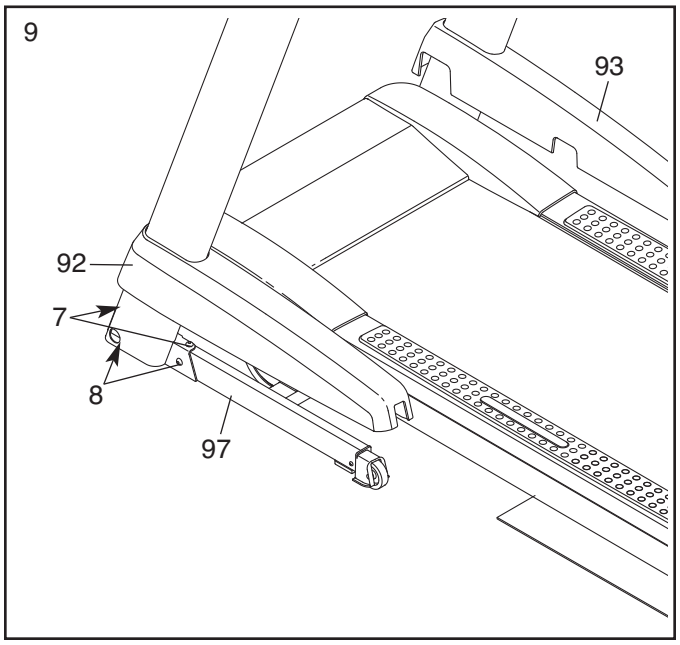
   Attach the Left Handrail (87) with two 5/16" x 2" Bolts (4), a 5/16" x 3 3/4" Bolt (2), and three 5/16" Star Washers (10) as shown. **Start all three Bolts, and then tighten each of them.**

   Attach the Right Handrail (not shown) to the console assembly as described above.



9. Firmly tighten the four 3/8" x 2 3/4" Bolts (7) and the four 3/8" x 1 1/4" Bolts (8) (only one side is shown).

   Press the Left Base Cover (92) and the Right Base Cover (93) onto the Base (97) until they snap into place.

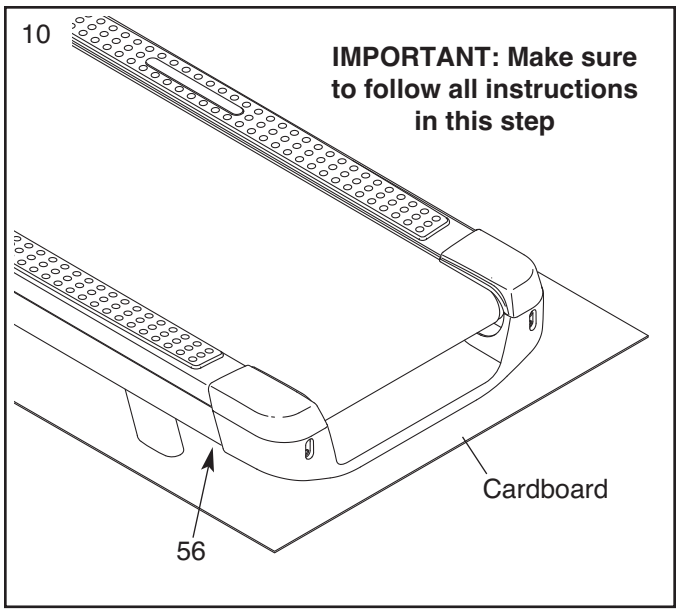


10. Make sure there is a piece of cardboard below the rear of the Frame (56).

IMPORTANT: See page 14 and plug in the power cord. Next, see page 16 and turn on the power.

Then, press the 0 percent Incline button.

When the Frame (56) stops moving, remove the key from the console and unplug the power cord.



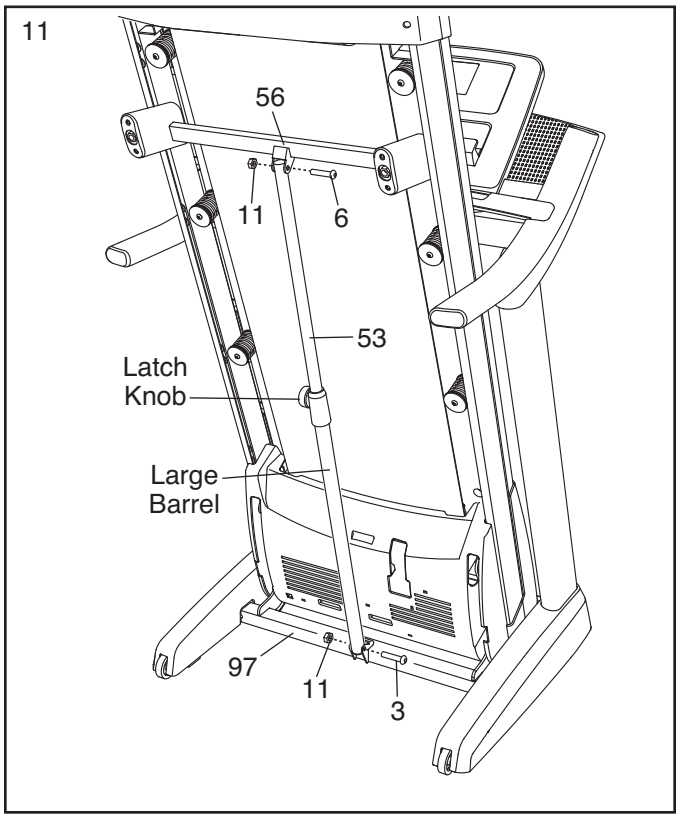
11. **IMPORTANT: Before you begin this step, make sure that you have read and followed all the instructions in step 10.**

Raise the Frame (56) to the position shown. **Have a second person hold the Frame until this step is completed.**

Orient the Storage Latch (53) so that the large barrel and the latch knob are oriented as shown.

Attach the upper end of the Storage Latch (53) to the bracket on the Frame (56) with a 3/8" x 1 3/4" Bolt (6) and a 3/8" Nut (11).

Attach the lower end of the Storage Latch (53) to the Base (97) with a 3/8" x 2" Bolt (3) and a 3/8" Nut (11). Note: It may be necessary to move the Frame (56) back and forth to align the Storage Latch with the Base.

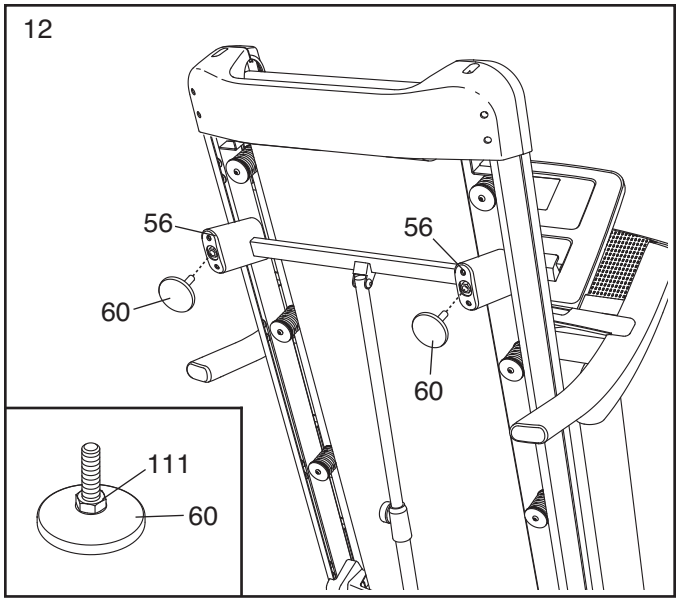


12. Remove the packaging material from the bottom of the Frame (56). **See the inset drawing.** Make sure that the 1/2" Rear Foot Nuts (111) are threaded all the way onto the Rear Feet (60). Turn the two Rear Feet all the way into the Frame.

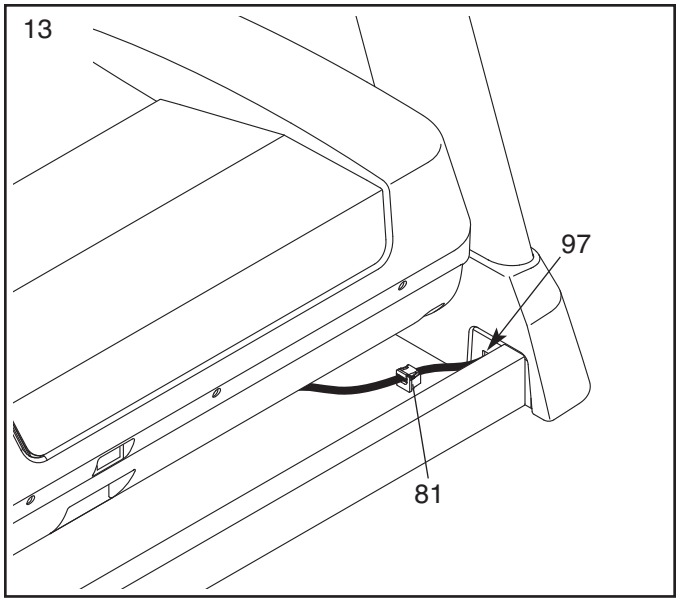
    See step 10. Discard the piece of cardboard.

    Lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 28).

    If one of the Rear Feet (60) doesn't sit flat on the floor, turn the Rear Foot until it does and then tighten the 1/2" Rear Foot Nut (111) against the Frame (56).



13. Press the Grommet (81) into the square hole in the Base (97).

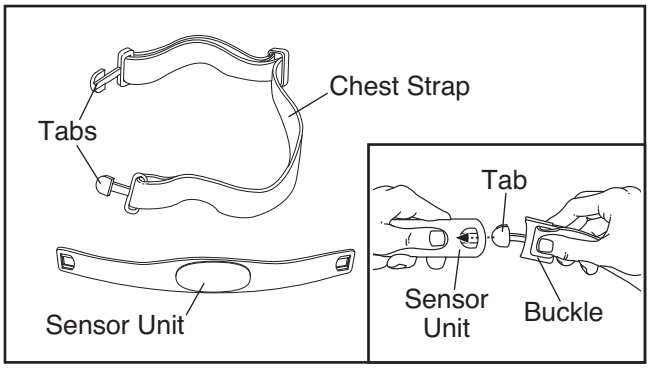


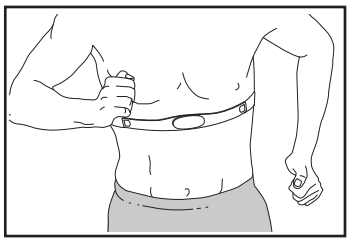
14. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 30 and 31).

HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit. Insert the tab on one end of the chest strap into the hole in one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.





Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the chest pulse sensor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.

- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.

- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).

- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.

- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.

- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, rewet the electrode areas.

- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**

- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.

- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

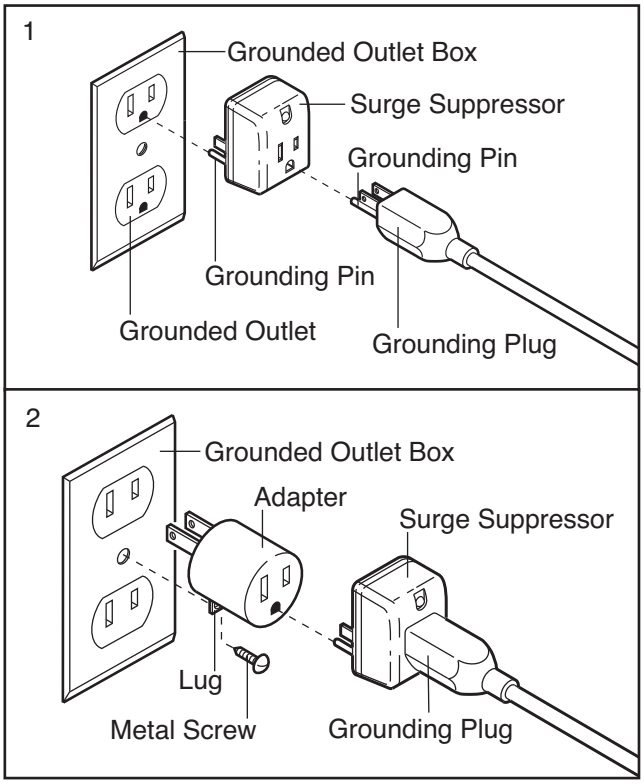
⚠ DANGER: Improper connection of the equipment-grounding conductor increases the risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. **To decrease the risk of damaging your treadmill, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see precaution 12 on page 3.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could damage the control system of the treadmill (see precaution 13 on page 3).

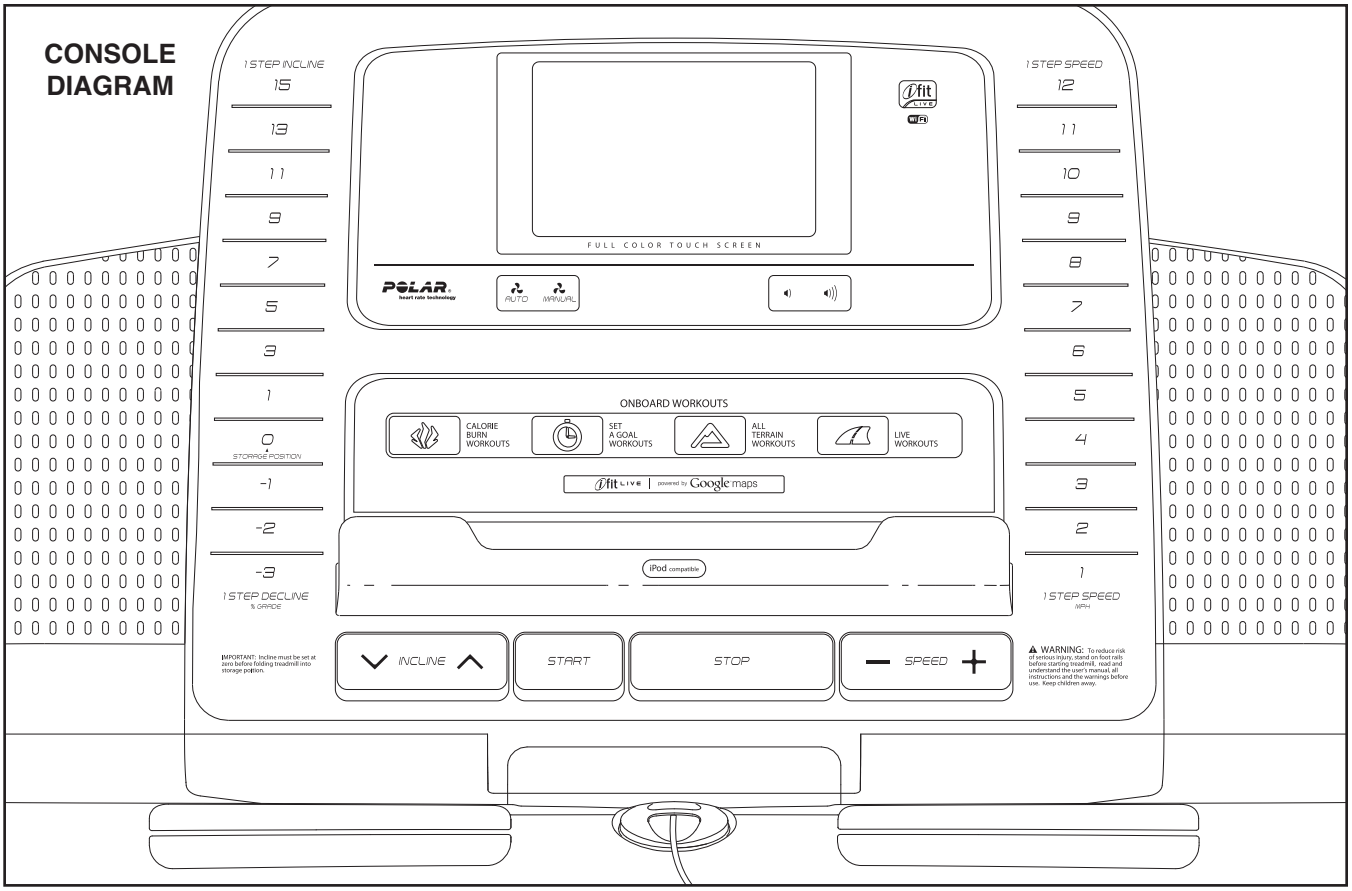
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit (see drawing 1). A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available (see drawing 2).



The temporary adapter should be used only until a properly grounded outlet (see drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. The adapter must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When the manual mode of the console is selected, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor (see page 13 for information on the chest pulse sensor).

In addition, the console features thirty preset workouts—twenty calorie burn workouts and ten all-terrain trails workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. In addition, you can set a time, distance, or calorie goal.

The console also features an iFit Live mode that enables the treadmill to communicate with your wireless network. With the iFit Live mode, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. See www.iFit.com for complete information.

You can also listen to your favorite workout music or audio books with the console's premium stereo sound system while you get in shape.

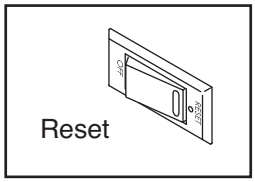
To turn on the power, see page 16. **To use the manual mode,** see page 16. **To use a set-a-goal workout,** see page 19. **To use a calorie burn workout or an all-terrain trails workout,** see page 20. **To use the iFit Live mode,** see page 22. **To use the settings mode,** see page 23. **To use the maintenance mode,** see page 25. **To use the stereo sound system,** see page 27.

IMPORTANT: If there is a sheet of plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 31).

HOW TO TURN ON THE POWER

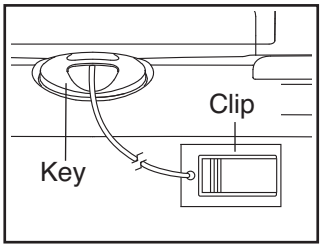
IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 14). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the demo mode is turned on, the displays show a preset presentation after you plug in the power cord and press the power switch into the reset position, before you insert the key. To turn off the demo mode, see step 5 on page 24.

Next, stand on the walking platform of the treadmill. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**



Before using the treadmill, please check for firmware updates (see step 8 on page 26).

Note: The console may be able to display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 4 on page 24. For simplicity, all instructions in this manual refer to miles.

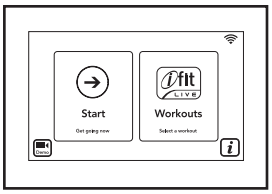
HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER at the left. If necessary, press the Incline buttons to adjust the incline level to 0 percent. **Note: It may take a minute for the console to be ready for use.**

2. **Select the start menu.**

   Each time the key is inserted, the start menu will appear.



   If the iFit login screen appears, press the Main Menu button and then press the Back button to return to the start menu.

   If you have selected a workout or the iFit Live mode, press the iFit Menu button in the upper right corner of the screen. Next, press the End Workout button and then press the Done button to return to the start menu.

   Note: A Demo button may appear in the lower left corner of the screen. If you press the Demo button, the treadmill will run a preset presentation.

3. **Start the walking belt and adjust the speed.**

   To start the walking belt, press the Start button on the screen or the Start button on the console. The walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph.

If you press one of the numbered 1 Step Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button.

4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered 1 Step Incline/Decline buttons. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

5. Monitor your progress.

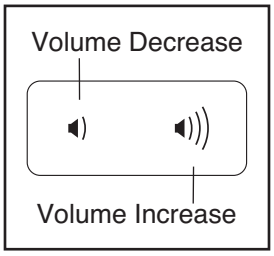
The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, repeatedly press the Display increase or decrease button on the screen.

As you walk or run on the treadmill, the screen can show the following workout information:

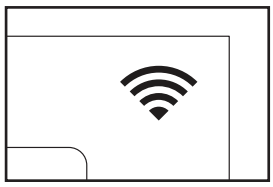
- The elapsed time
- The approximate number of calories you have burned
- The distance that you have walked or run
- The incline level of the treadmill
- The speed of the walking belt
- A track representing 1/4 mile (400 meters)
- The time to complete one lap at the current speed setting
- Your current lap number
- The time remaining
- The approximate number of calories burned per hour
- The number of vertical feet you have climbed
- Your pace in minutes per mile
- Your heart rate (see step 6 on page 18)

The displays at the top of the screen can show two pieces of information. Press each display until the display shows the desired information. Note: The manual mode does not have a time remaining countdown.

If desired, adjust the volume level by pressing the Volume increase and decrease buttons on the console.



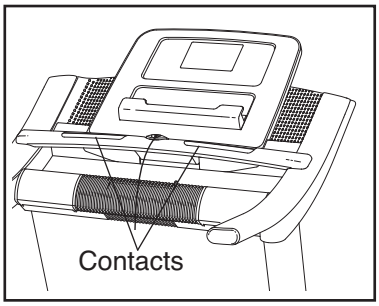
To reset the console, press the iFit Menu button in the upper right corner of the screen. To pause the workout, press the Pause button. To continue the workout, press the Resume button or the Start button. To end the workout and select a new workout, press the New Workout button. To end the workout, press the End Workout button.



Note: The small wireless symbol in the upper right corner of the screen will show your wireless connection status. If the symbol is yellow, your treadmill is connected to your wireless network. If the symbol is green, your treadmill is connected to your wireless network and you have logged in to www.iFit.com. If the symbol does not appear, your treadmill is not connected to your wireless network.

6. **Measure your heart rate if desired.**

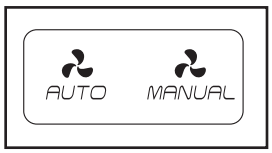
Note: If you use the handgrip pulse sensor and the chest pulse sensor at the same time, the console will not display your heart rate accurately. For information about the chest pulse sensor, see page 13.



Before using the handgrip pulse sensor, remove the sheets of plastic from the metal contacts, if necessary. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the walking platform** and hold the metal contacts on the handrails for approximately ten seconds—**avoid moving your hands.** When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. **Turn on the fan if desired.**



The fan features several speed settings and an auto mode. When the auto mode is selected, the speed of the fan will automatically increase and decrease as the speed of the walking belt increases and decreases.

Press the Manual fan button repeatedly to select a fan speed or to turn off the fan. Press the Auto fan button to select the auto mode or to turn off the fan.

8. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails and press the Stop button repeatedly until a workout summary appears on the screen. After you view the workout summary, press the Done button.

Then, **adjust the incline of the treadmill to zero percent. The incline must be at zero percent or you may damage the treadmill when you fold it to the storage position.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A SET-A-GOAL WORKOUT

1. **Insert the key into the console.**

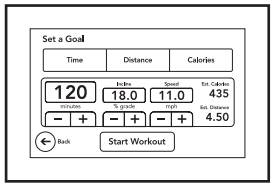
   See step 1 on page 16.

2. **Select the start menu.**

   See step 2 on page 16.

3. **Select a set-a-goal workout.**

   To select a set-a-goal workout, press the Workouts button on the screen. Then, press the Set a Goal button. You can also press the Set A Goal Workouts button on the console.

   To set a time, distance, or calorie goal, press the Time, Distance, or Calories button. Then, press the increase and decrease buttons on the screen to select a time, distance, or calorie goal and to select the speed and incline for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.

4. **Start the workout.**

   Press the Start Workout button to start the workout. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

   The workout will function in the same way as the manual mode (see pages 16 to 18).

   The workout will continue until you reach the goal that you set. The walking belt will then slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, press the Done button.

5. **Monitor your progress.**

   See step 5 on pages 17 and 18. The screen can also show your goal and a status bar showing your progress toward your goal.

6. **Measure your heart rate if desired.**

   See step 6 on page 18.

7. **Turn on the fan if desired.**

   See step 7 on page 18.

8. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 18.

HOW TO USE A CALORIE BURN WORKOUT OR AN ALL-TERRAIN TRAILS WORKOUT

1. **Insert the key into the console.**

   See step 1 on page 16.

2. **Select the start menu.**

   See step 2 on page 16.

3. **Select a calorie burn workout or an all-terrain trails workout.**

   To select a calorie burn workout or an all-terrain trails workout, press the Workouts button on the screen. Then, press the Calorie Burn button or the All-Terrain Trails button. You can also press the Calorie Burn Workouts button or the All Terrain Workouts button on the console.

   To select a calorie burn workout, select the desired difficulty level. Then, select the desired workout. The screen will show the approximate number of calories you will burn during the workout. The screen will also show the duration and distance of your workout. In addition, the screen will show the number of vertical feet you will climb and a profile of the incline settings of the workout.

   To select an all-terrain trails workout, select the desired difficulty level. Then, select the desired workout. The screen will show the duration of the workout and the approximate number of calories you will burn during the workout. The screen will also show the distance of your workout and the number of vertical feet you will climb. In addition, the screen will show a topographic map of the trail. Press the Profile button at the top of the screen near the time display to view a profile of the incline settings of the workout. To return to the map, press the Trail button at the top of the screen.

4. **Start the workout.**

   Press the Start Workout button to start the workout. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

   Each workout is divided into segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   During the workout, the profile will show your progress. Press the Display increase and decrease buttons repeatedly to view the profile. The red line will indicate the current segment of the workout. During a calorie burn workout, the height of the current segment indicates the incline setting for the current segment. During an all-terrain trails workout, the height of the current segment indicates the elevation of the current segment.

   If a different speed and/or incline setting is programmed for the second segment, the speed setting and/or incline setting will flash on the screen for a moment to alert you at the beginning of the second segment. The treadmill will then automatically adjust to the speed and/or incline settings for the next segment.

The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop. A workout summary will then appear on the screen. After you view the workout summary, press the Done button.

If the speed or incline setting is too high or too low at any time during the workout, you can override the setting by pressing the Speed or Incline buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the iFit Menu button in the upper right corner of the screen. To pause the workout, press the Pause button. To end the workout and select a new workout, press the New Workout button. To end the workout, press the End Workout button.

To continue the workout, press the Resume button or the Start button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of the treadmill during the workout, the number of calories you burn will be affected.

5. **Monitor your progress.**

   See step 5 on pages 17 and 18. The screen can also show a profile of the incline settings of the workout. When an all-terrain trails workout is selected, the screen can show a topographic map of the trail. The person running on the trail indicates your progress.

6. **Measure your heart rate if desired.**

   See step 6 on page 18.

7. **Turn on the fan if desired.**

   See step 7 on page 18.

8. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 18.

HOW TO USE THE IFIT LIVE MODE

The iFit Live mode enables the treadmill to communicate with your wireless network. With the iFit Live mode, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. See www.iFit.com for complete information.

1. **Connect your treadmill to your own wireless network.**

   See steps 1 and 2 on page 23.

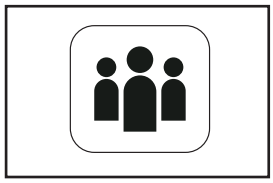
   To activate and use the iFit Live mode, you must have your own wireless network; you must have an 802.11b/g router with SSID broadcast enabled (hidden networks are not supported). You must also have an iFit.com membership.

2. **Select the iFit Live mode.**

   To select the iFit Live mode, first select the start menu (see step 2 on page 16). Next, press the Workouts button. Then, press the Live Workouts button. You can also press the Live Workouts button on the console.

   To set up an iFit Live account, or for more information about the iFit Live mode, go to www.iFit.com.

   To switch users, press the Switch User button in the lower right corner of the screen. Then, select the desired user.



IFIT LIVE FCC INFORMATION

IMPORTANT: To comply with FCC and IC RF exposure compliance requirements, the antenna used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

If you have questions after reading this information, please call Customer Care toll-free at 1-866-608-1798, Mon.–Fri. 6 am–6 pm MT, Sat. 8 am–4 pm MT (closed on holidays); visit www.iFit.com/support; or send e-mail to service@iconfitness.com.

HOW TO USE THE SETTINGS MODE

The console features a settings mode that allows you to connect your treadmill to your own wireless network and to log in to your iFit Live account. The settings mode also allows you to select a display language, to select the unit of measurement, and to turn on and turn off the display demo mode.

1. **Select the settings mode.**

   Insert the key into the console (see step 1 on page 16). Next, select the start menu (see step 2 on page 16). Then, press the i button in the lower right corner of the screen to select the settings mode.

2. **Select the wireless network mode.**

   Press the Wireless Network button on the screen.

   You must have your own wireless network and an 802.11b/g router with SSID broadcast enabled (hidden networks are not supported).

   If your wireless network is unencrypted and does not require a password, go to step 2a. If your wireless network is encrypted and requires a password, go to step 2b.

   2a. Connect your treadmill to an unencrypted wireless network.

   Press the Connect button for the desired wireless network. When the Disconnect button appears, your exercise equipment is connected to the wireless network. Then, press the Done button. Go to step 3.

   2b. Connect your treadmill to an encrypted wireless network.

   To connect to your encrypted network, press the Connect button for the desired wireless network. Enter your password in the Key/Passphrase entry box and then press the Submit button.

   To use numbers or other characters on the keyboard on the screen, press the .?123 button or the #+= button. To return to the letter keyboard, press the ABC button. To capitalize a character, press the button with an upward-facing arrow. To clear the last character, press the button with a backward-facing arrow and an X.

   To use advanced settings, press the Advanced button for the desired wireless network.

   To use a static IP address, press the Use Static IPs button. Enter the IP address, netmask, gateway IP address, and at least one DNS. Press the arrow buttons to view additional entry boxes. When you are finished, press the Submit button. To return to the advanced settings screen, press the Cancel button.

   To use a static DNS, press the Use Static DNS button. Enter at least one DNS. Press the arrow buttons to view additional entry boxes. When you are finished, press the Submit button. To return to the advanced settings screen, press the Cancel button.

   To use encryption, press the Use Encryption button. Select the encryption type and enter the password. When you are finished, press the Submit button. To return to the advanced settings screen, press the Cancel button. Note: If you turn on encryption on a non-encrypted network or select the wrong encryption type, the console will not function correctly.

   If necessary, press the Cancel button to exit the advanced settings screen.

   If you are having problems connecting, unencrypt your network, update your console firmware (see step 8 on page 26), and then encrypt your network.

   Note: The iFit Live mode supports unsecured and secured (WEP, WPA, and WPA2) encryption. A broadband connection is recommended; performance depends on connection speed.

   Note: If you have questions after following these instructions, go to www.iFit.com/support for assistance.

3. **Log in to your iFit Live account.**

   To switch iFit Live accounts, touch the iFit Live Login button. Then, enter your user name and password using the keyboard on the screen. See step 2 on page 23 for instructions about using the keyboard. When you are finished, touch the Submit button. To return to the settings mode, touch the Cancel button. Note: To switch users within an iFit Live account, see step 2 on page 22.

   To set up an iFit Live account, or for more information about the account, go to www.iFit.com.

4. **Change the international settings.**

   Press the International button to change the language and unit of measurement.

   Press the Language button to select a different display language for your console. Press the desired language. Then, press the Back button.

   Press the US/Metric button to view the selected unit of measurement. Change the unit of measurement, if desired. Then, press the Back button.

   Press the Back button to return to the settings mode.

5. **Turn on or turn off the display demo mode.**

   The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the screen will show a preset presentation.

   To turn on or turn off the display demo mode, first press the Demo Mode button. Next, press the On button or the Off button. Then, press the Back button.

6. **Exit the settings mode.**

   To exit the settings mode, press the Back button.

HOW TO USE THE MAINTENANCE MODE

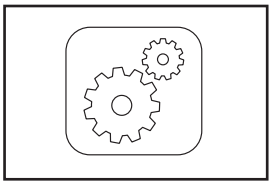
The console features a maintenance mode that allows you to calibrate the incline and speed of the treadmill, restore factory defaults, calibrate the screen, perform a network test, update the console firmware, and view technical information.

1. Select the settings mode.

See step 1 on page 23.

2. Select the maintenance mode.

Press the Maintenance button in the lower right corner of the screen to enter the maintenance mode.



The maintenance mode main screen will show information about the model and version of the treadmill.

If the treadmill is connected to your wireless network and is connected to iFit.com, the network dot will be green. If your treadmill is connected to your wireless network, but not to iFit.com, the dot will be yellow. If your treadmill is not connected, the dot will be red.

If the console is connected to the controller of the treadmill, the controller dot will be green. If it is not, the dot will be red. If it is attempting to connect, the dot will be yellow.

3. Calibrate the incline system of the treadmill.

Press the Calibrate Incline button. Then, press the Begin button to calibrate the incline or the Cancel button to return to the maintenance mode. If you press the Begin button, the treadmill will automatically rise to the maximum incline level, lower to the minimum incline level and then return to the starting position. This will recalibrate the incline system. When the incline system is calibrated, press the Finish button.

IMPORTANT: Keep pets, feet, and other objects away from the treadmill while the incline is calibrating. In an emergency, pull the key from the console to stop the incline calibration.

4. Restore factory defaults.

If necessary, press the Restore Defaults button to reset the firmware to the original factory firmware. This will erase all firmware updates that you have downloaded. Press the Begin button to restore the default firmware or the Cancel button to return to the maintenance mode.

When the restoration is complete, the words PLEASE CYCLE POWER will appear in the grey box. Press the power switch on the treadmill frame into the off position (see page 5). Wait for several seconds, and then press the power switch into the reset position. It may take a minute for the console to be ready for use.

5. Calibrate the screen.

If the screen is not properly calibrated, it will be difficult to press the buttons on the screen. To calibrate the screen, press the Calibrate Screen button and then press the Begin button. Press the Cancel button to return to the maintenance mode.

Using a pencil eraser or other small object, press the center of the small target on the screen. Then, press the next two targets. After several seconds, the console will exit the maintenance mode.

6. **Perform a network test.**

   If desired, press the Network Test button to check the connection status of the treadmill. The previous router status shows whether the treadmill has ever connected to a wireless router. The current router status shows whether the treadmill is currently connected to a wireless router. The network access status shows whether the treadmill can connect to your wireless network. The DNS status shows whether the treadmill can communicate with the DNS server. The iFit.com status shows whether the treadmill can communicate with iFit.com. Press the Finish button to return to the maintenance mode.

7. **Calibrate the speed of the treadmill.**

   Stand on the foot rails or stand on the floor. Press the Calibrate Speed button and then press the Begin button. The walking belt will begin to move. When the walking belt stops moving, press the Back button. Press the Cancel button to return to the maintenance mode. Note: This feature may not be enabled.

8. **Update the console firmware.**

   For the best results, regularly check for firmware updates.

   Press the Firmware Update button. Press the Begin button to check for updates or the Cancel button to return to the maintenance mode.

   A status bar will appear in the grey box on your screen. When the update is complete, the words PLEASE CYCLE POWER will appear in the grey box. Press the power switch on the treadmill frame into the off position (see page 5). Wait for several seconds, and then press the power switch into the reset position. It may take a minute for the console to be ready for use.

9. **View technical information.**

   Press the Technical Info button to view the total number of hours that the treadmill has been used and the total number of miles that the walking belt has moved. After you view the information, press the Finish button.

10. **Exit the maintenance mode.**

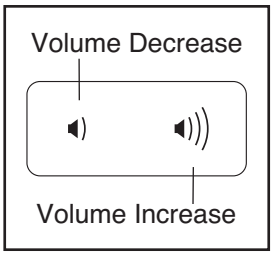
    To exit the maintenance mode, press the Back button repeatedly.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's speakers, you must connect your MP3 player, CD player, or other personal audio player to the console.

Locate the audio wire. Plug one end into the audio jack in the tray below the Live Workouts button. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume level on your personal audio player or press the Volume increase and decrease buttons on the console.



If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

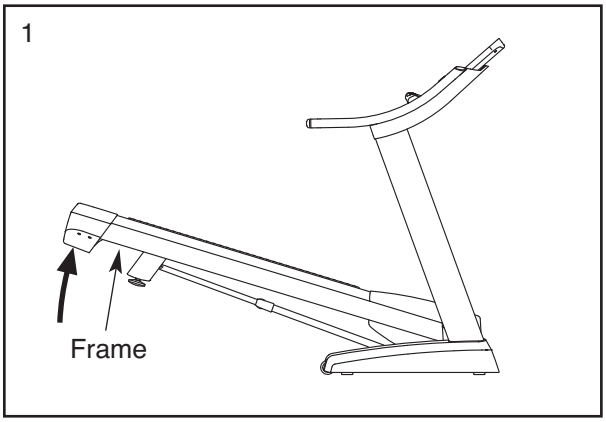
Note: The USB port on the top of the console is for software updates only. Plug a USB drive into the USB port only if instructed to do so by an authorized service representative.

HOW TO FOLD AND MOVE THE TREADMILL

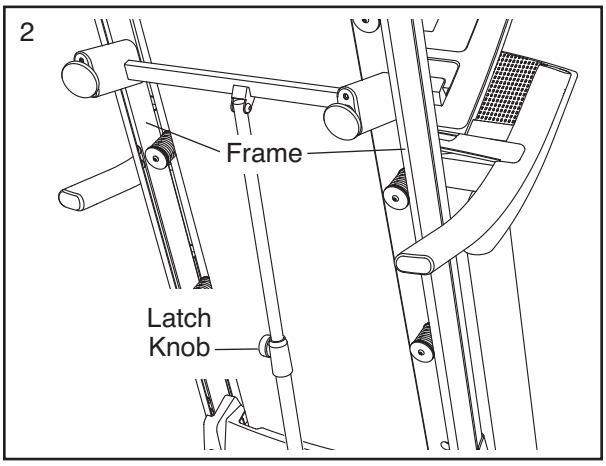
HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to 0 percent before you fold the treadmill. Then, remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the frame firmly in the location shown by the arrow below. **CAUTION: Bend your legs and keep your back straight.**



2. Raise the frame until the latch knob locks in the storage position. **CAUTION: Make sure that the latch knob locks.**

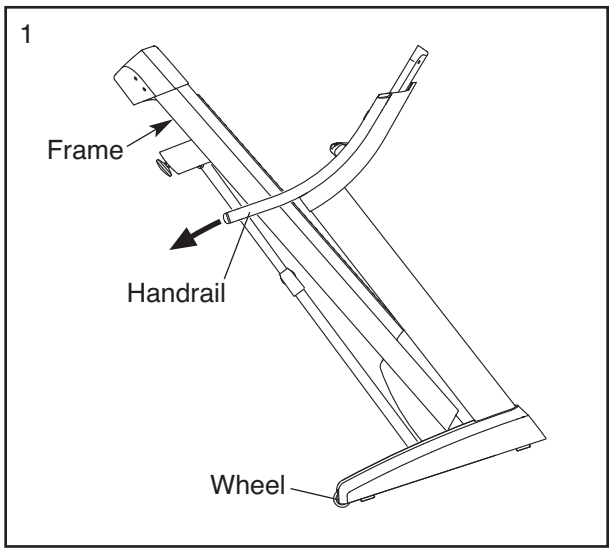


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the latch knob is locked in the storage position. Moving the treadmill may require two people.**

1. Hold the frame and one of the handrails, and place one foot against a wheel.



2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill frame with your right hand. Pull the latch knob to the left; if necessary, push the frame forward slightly. Pivot the frame downward a few inches, and release the latch knob.

2. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.**

TROUBLESHOOTING

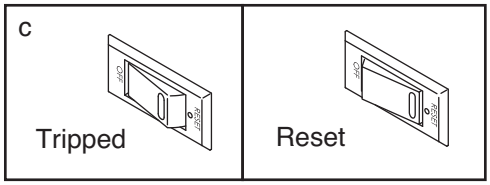
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 14). Use only a single-outlet surge suppressor that meets all of the specifications described on page 14. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the switch, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

d. If the treadmill still will not run, please see the front cover of this manual.

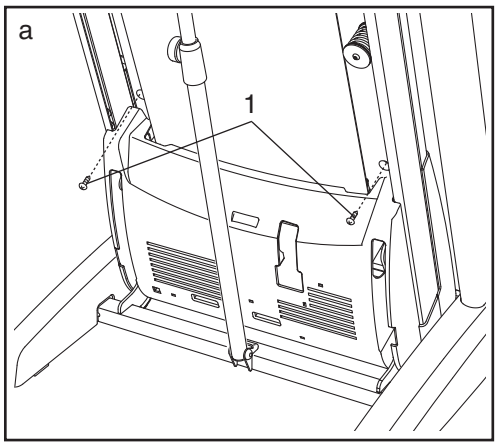
PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the screen shows a preset presentation when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the demo mode is still on, see step 5 on page 24 to turn off the demo mode.

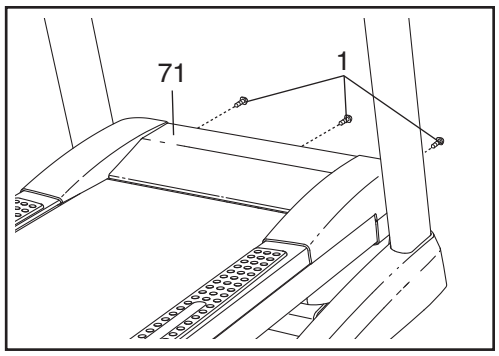
PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL on page 28).

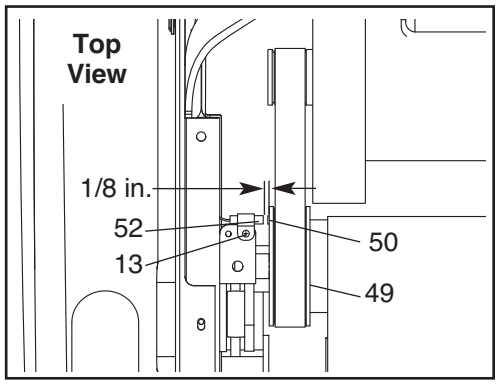
Next, remove the two indicated #8 x 3/4" Screws (1).



Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 28). Remove the three #8 x 3/4" Screws (1). Carefully pivot the Motor Hood (71) off.



Locate the Reed Switch (52) and the Magnet (50) on the left side of the Pulley (49). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Tek Screw (13), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown) with the five #8 x 3/4" Screws (not shown) and run the treadmill for a few minutes to check for a correct speed reading.



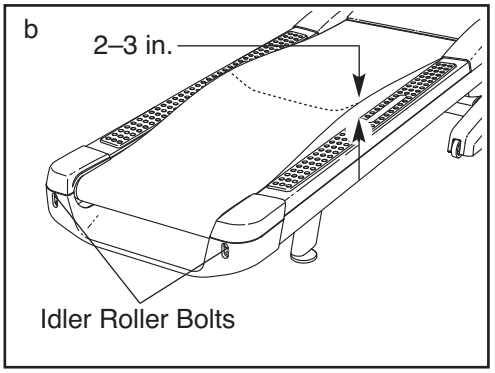
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. Recalibrate the incline system (see step 3 on page 25).

PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 14.

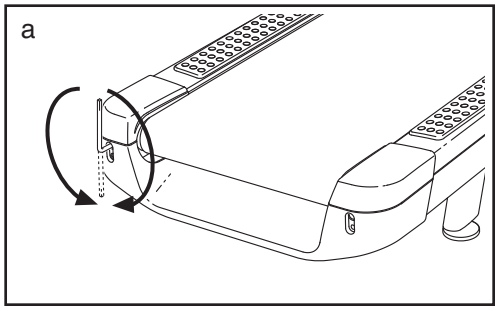
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



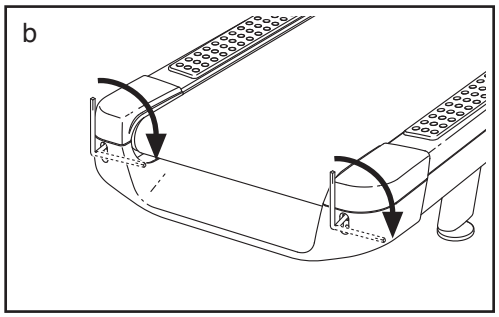
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The iFit Live mode does not function correctly

SOLUTION: a. If the iFit Live mode is not functioning correctly, make sure that the treadmill has the most current firmware available (see step 8 on page 26).

PROBLEM: The treadmill will not connect to the wireless network

SOLUTION: a. Perform a network test (see step 6 on page 26).

b. Make sure the wireless settings on your console are correct (see step 2 on page 23).

c. Make sure the settings for your wireless network are correct.

d. If you still have questions, see the front cover of this manual.

PROBLEM: The buttons on the screen do not work correctly

SOLUTION: a. If the screen is not properly calibrated, it will be difficult to touch the correct buttons on the screen. To calibrate the screen, see step 5 on page 25.

EXERCISE GUIDELINES

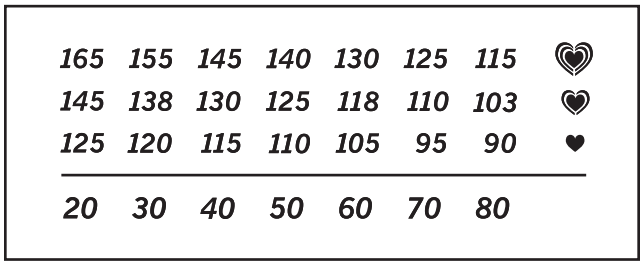
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.



To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

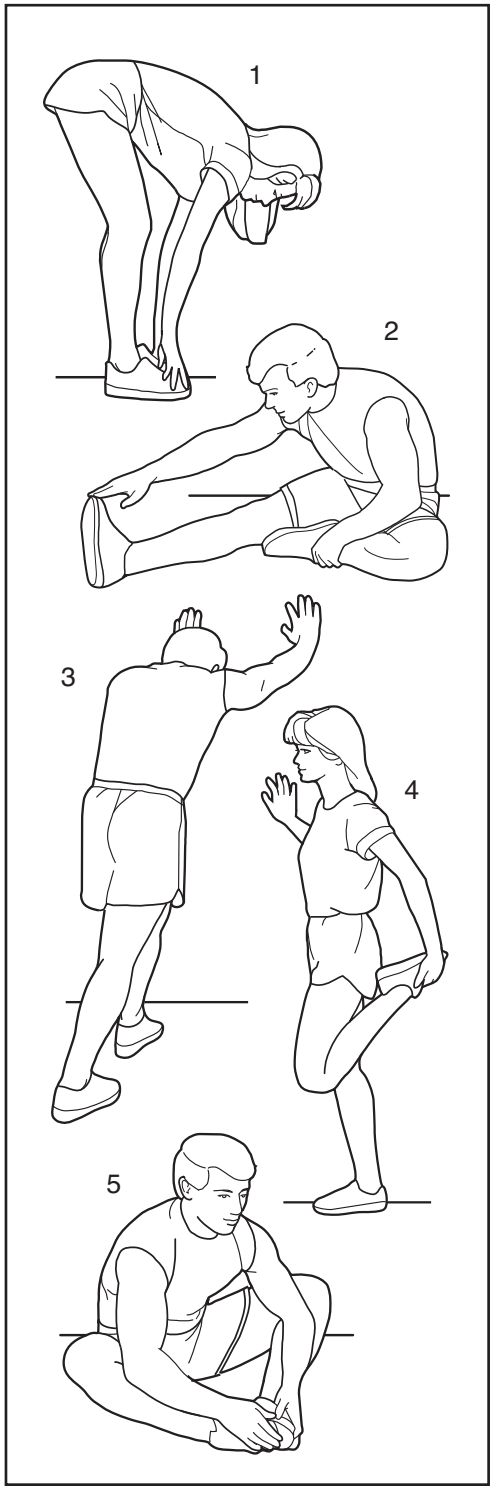
Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

PART LIST

Model No. NTL14010.0 R1210A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

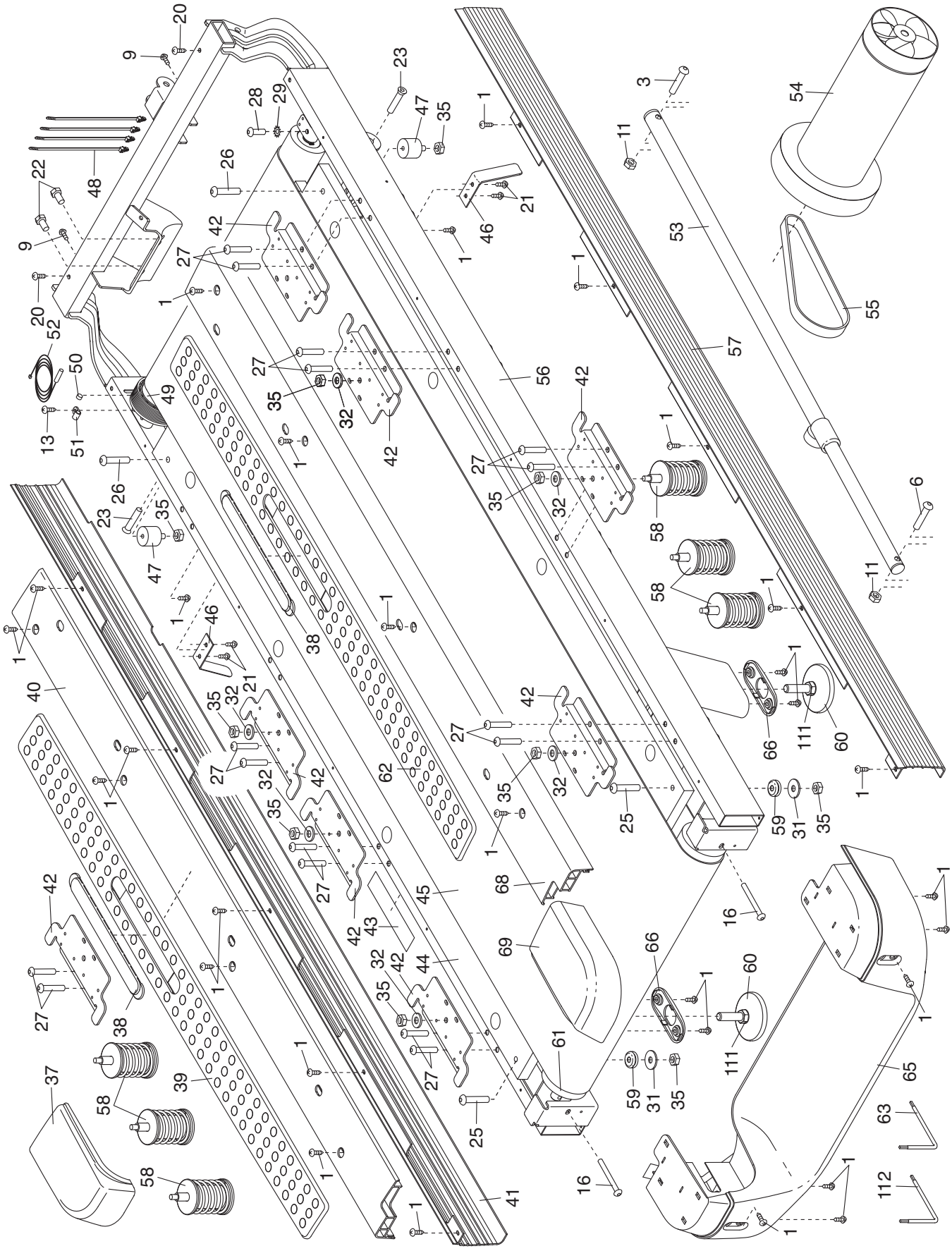
Key No.	Qty.	Description
1	81	#8 x 3/4" Screw
2	2	5/16" x 3 3/4" Bolt
3	1	3/8" x 2" Bolt
4	4	5/16" x 2" Bolt
5	4	5/16" x 1 1/2" Bolt
6	1	3/8" x 1 3/4" Bolt
7	4	3/8" x 2 3/4" Bolt
8	4	3/8" x 1 1/4" Bolt
9	7	#8 x 1/2" Ground Screw
10	10	5/16" Star Washer
11	2	3/8" Nut
12	4	3/8" Star Washer
13	11	#8 x 3/4" Tek Screw
14	1	3/8" x 1 1/2" Bolt
15	4	#10 x 3/4" Screw
16	2	Idler Roller Bolt
17	1	3/8" x 2" Hex Head Bolt
18	2	3/8" x 2" Wheel Bolt
19	8	Cable Tie
20	2	#8 x 1 3/4" Screw
21	9	#8 x 7/16" Screw
22	2	5/16" Motor Bolt
23	2	1/2" x 2 1/2" Bolt
24	2	3/8" x 1" Bolt
25	2	5/16" x 1 3/4" Shoulder Bolt
26	2	5/16" x 1 1/4" Bolt
27	16	5/16" x 3 1/4" Bolt
28	1	1/4" x 1" Bolt
29	1	1/4" Star Washer
30	4	#10 Star Washer
31	2	5/16" Flat Washer
32	6	5/16" Washer
33	2	1/2" Nut
34	6	3/8" Jam Nut
35	10	5/16" Nut
36	3	Hood Clip
37	1	Left Frame Cap
38	2	Foot Rail Insert
39	1	Left Foot Rail Pad
40	1	Left Foot Rail Base
41	1	Left Frame Cover
42	8	Platform Bracket
43	1	Latch Warning Decal
44	1	Walking Platform
45	1	Walking Belt
46	2	Belt Guide
47	2	Front Cushion
48	4	Wire Tie
49	1	Drive Roller/Pulley
50	1	Magnet
51	1	Reed Switch Clamp
52	1	Reed Switch
53	1	Storage Latch
54	1	Drive Motor
55	1	Motor Belt
56	1	Frame
57	1	Right Fame Cover
58	6	Platform Cushion
59	2	Platform Grommet
60	2	Rear Foot
61	1	Idler Roller
62	1	Right Foot Rail Pad
63	1	Short Hex Key
64	1	Key/Clip
65	1	Rear Frame Cover
66	2	Rear Foot Cover
67	1	Audio Wire
68	1	Right Foot Rail Base
69	1	Right Frame Cap
70	2	Handrail Cap
71	1	Motor Hood
72	1	Hood Cover
73	2	Incline Frame Spacer
74	1	Incline Motor
75	1	Incline Frame
76	2	Frame Spacer
77	1	Controller
78	2	Hood Post
79	1	Electronics Plate
80	1	Power Cord
81	2	Grommet
82	1	Power Switch
83	1	Belly Pan
84	1	Upright Wire
85	1	Left Top Handrail Cap
86	1	Right Top Handrail Cap
87	1	Left Handrail
88	1	Right Handrail
89	1	Left Upright
90	1	Right Upright
91	2	Caution Decal
92	1	Left Base Cover
93	1	Right Base Cover
94	1	Base Ground Wire
95	1	Chest Pulse Strap
96	1	Left Wheel Cap
97	1	Base
98	4	Base Pad
99	1	Chest Pulse Sensor
100	1	Right Wheel Cap

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Wheel	108	1	Pulse Bar Top
102	1	Console Base	109	1	Pulse Ground Wire
103	1	Console	110	1	Pulse Bar Bottom
104	1	Module Housing	111	2	1/2" Rear Foot Nut
105	1	Fan Assembly	112	1	Hex Key
106	2	Handrail Spacer	113	2	3/8" Flat Washer
107	1	Console Frame	*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

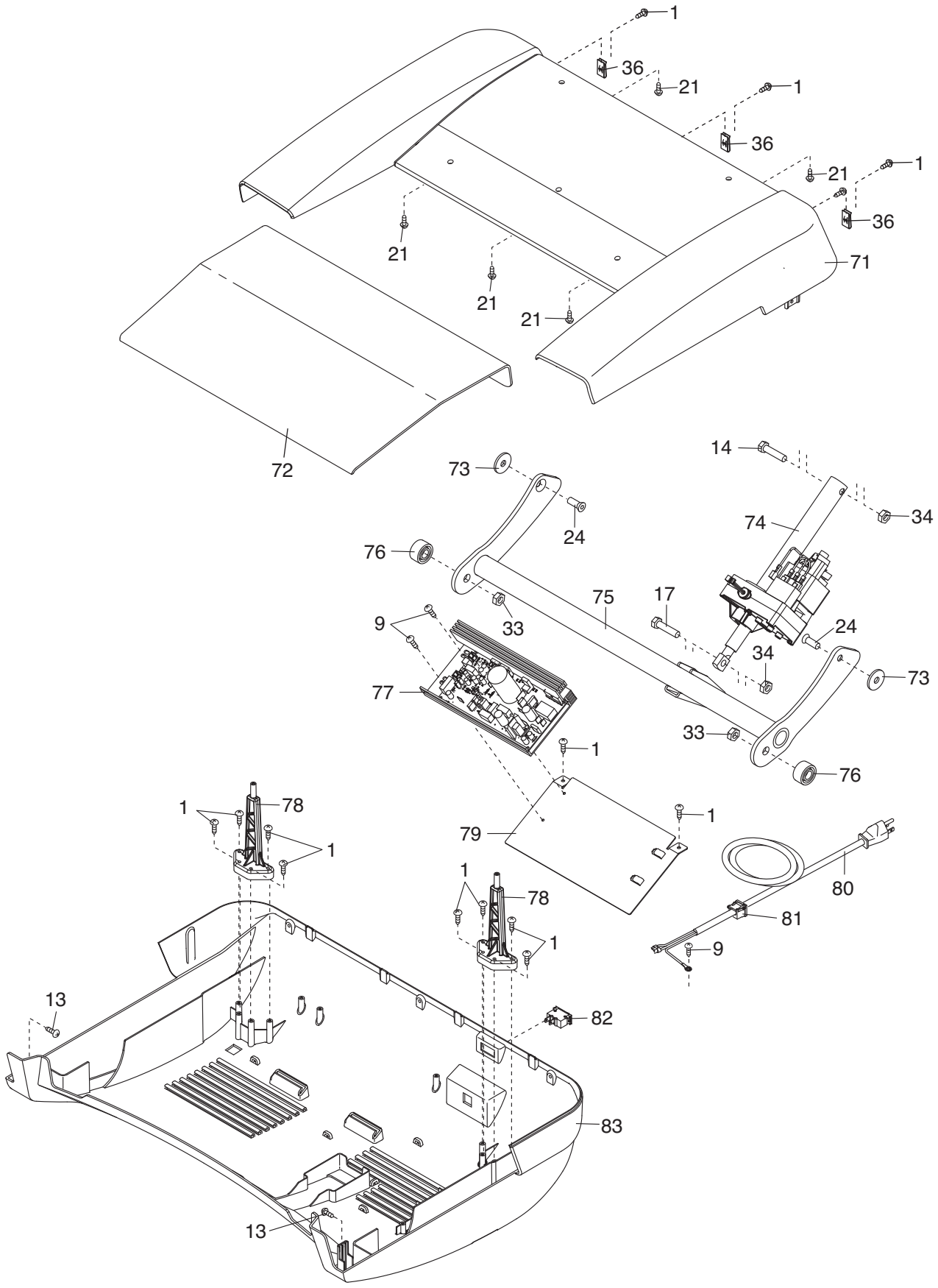
EXPLODED DRAWING A

Model No. NTL14010.0 R1210A



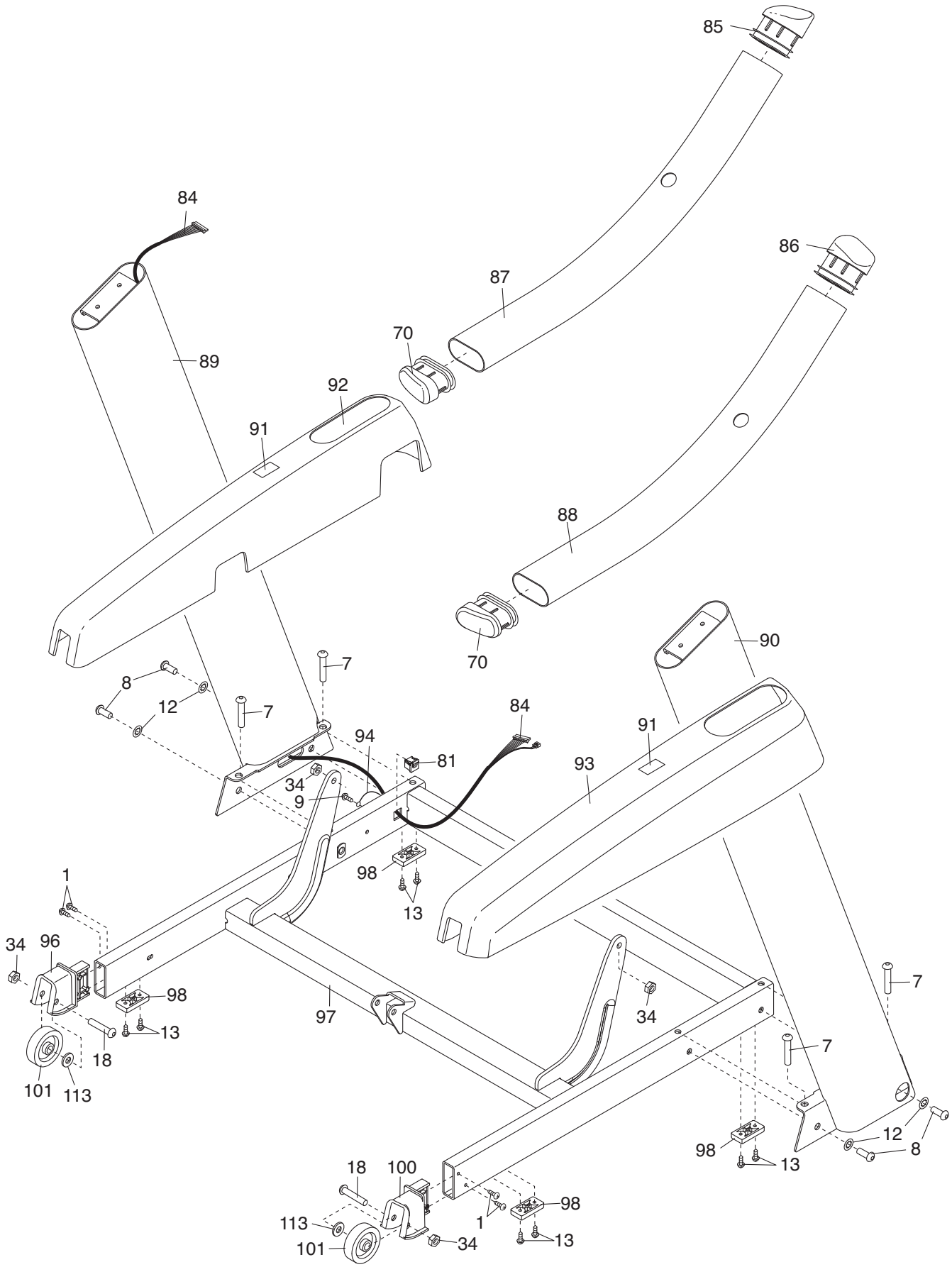
EXPLODED DRAWING B

Model No. NTL14010.0 R1210A



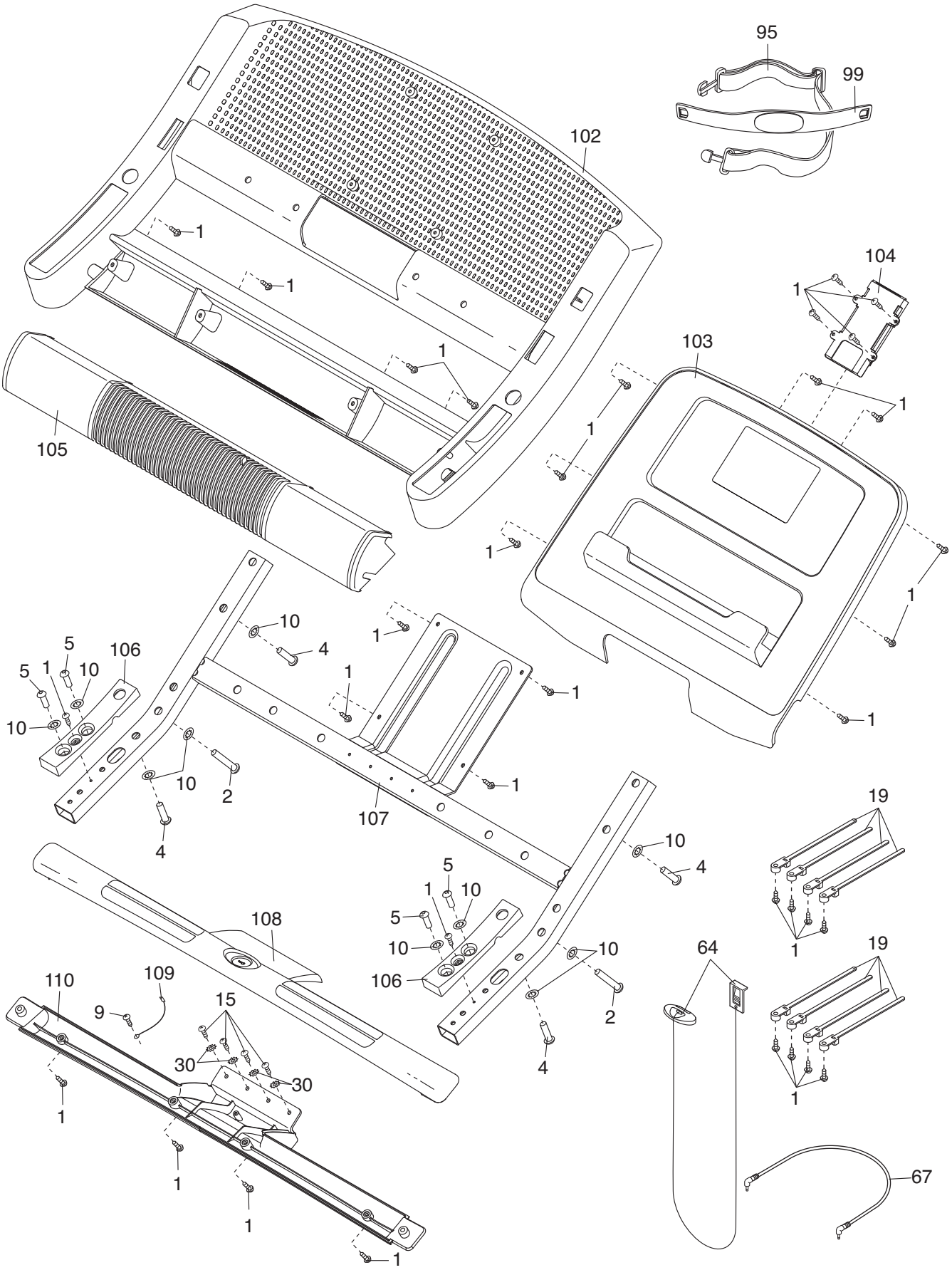
EXPLODED DRAWING C

Model No. NTL14010.0 R1210A



EXPLODED DRAWING D

Model No. NTL14010.0 R1210A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.nordictrackservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame, drive motor, and walking platform are warranted for a lifetime. Parts and electronics are warranted for five (5) years from the date of purchase. Labor is warranted for two (2) years from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

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